

STATEMENT OF PURPOSE

Whereas, children need access to nutritionally appropriate foods and opportunities to be physically active in order to properly grow, learn and thrive;

Whereas, good health has been shown to improve student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades;

Whereas, physical inactivity and excessive calorie intake have been proven to be predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of the deaths in the United States; the major childhood risk factors for these diseases include unhealthy eating habits, lack of physical activity, and obesity;

Whereas, it is reported that nation wide only about 2% of children 2 to 19 years of age are provided with healthy diets;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the West Bonner County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity opportunities.

Therefore, it is the policy of the West Bonner County School District that:

- The school district will engage students, parents, guardians, teachers, food service professionals, health professionals, and other interested community members in implementing, monitoring, and reviewing district-wide nutrition and physical activity.
- All students in grades K – 12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served at school will focus on meeting the nutritional needs of students.
- Qualified nutrition professionals and school administrators will work together to provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat with lunch periods scheduled as near the middle of the school day as possible.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs; including the National School Breakfast Program, National School Lunch Program, After School Snack Program, Summer Food Service Program, Fresh Fruit and Vegetable Program, etc.
- Schools will provide nutritional education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and other community services.

- The District will promote the benefits of healthy nutrition and physical education to parents and the community through the use of information links available (i.e., newspaper and newsletter articles, educational brochures, parent information meetings, etc.).

COMMUNITY INVOLVEMENT

The West Bonner County School District has involved parents, students, staff, school administrators, district administrators, school board trustee, health professional, representatives from the school food authority, and community members in the development of this policy.

The West Bonner County School District will implement, monitor, review, and as necessary, revise this wellness policy to be sure it meets the requirements of federal and state law; as well as the needs of our students and community. The District will continue to use input from all individuals representing the school and the community; including parents, students, staff, members of the school board, school administrators, health professionals, and members of the public in this process.

PHYSICAL ACTIVITY

West Bonner County School District students in grades K – 12, including students with disabilities, special health care needs, and in alternative educational settings will be provided opportunities to participate in physical education (minimum of 60 minutes/week for elementary students, 225 minutes/week for junior high students, and 160 minutes for high school students) during the school year. All physical education will be taught by certified physical education teachers. Student participation in other activities involving physical activity (i.e., interscholastic or intramural sports) will be encouraged. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activities.

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to recognize the importance of regular daily physical activity so they will incorporate it into their personal behavior, students need opportunities for physical activity beyond their physical education classes. To help students achieve this level of physical activity the District will:

- Provide classroom health education that reinforces the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spend on sedentary activities (i.e., watching television, playing video games, etc.).
- Integrate physical activities into other subject lessons.
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activities.

Schools should discourage extended periods of inactivity (periods of two or more hours). When activities, such as mandatory school-side testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to be moderately active.

Teachers and other school staff are encouraged not to use physical activities, such as push-ups or running laps, as punitive discipline.

NUTRITION EDUCATION

The West Bonner County School District will promote, encourage, teach and support healthy eating by our students. Schools are encouraged to provide nutrition education and engage in nutrition promotion activities. This education should be included as part of health and physical education classes; as well as being integrated as possible into other classes such as math, science, language arts, social sciences and elective subjects.

All District schools will provide all students grades K – 12 with a minimum of 90 minutes of nutrition focused education each school year. This education should take place in appropriate formats that encourage students to better understand and use the basics of good nutrition. To provide the greatest chance that this education will be used by the students; schools should provide opportunities to reinforce this learning throughout the school year.

Enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, contest, promotions, etc., should be used to promote and encourage proper nutrition. Activities should be provided, where appropriate, to promote the eating of fruits, vegetables, whole grain products, low-fat dairy products; as well healthy food preparation methods, and health-enhancing nutrition practices.

Training should also be provided for teachers and other school staff to provide them with information they can share with their students, and to help them provide appropriate nutrition modeling for their students.

School-based food marketing will be focused on promoting healthy nutritional choices to our students.

NUTRITION GUIDELINES

Recognizing that our district, and our nation as a whole, has an ever-increasing proportion of overweight, undernourished, sedentary youth, the intent of this section is to encourage an educational environment that emphasizes HEALTHY EATING. While the ratio of overweight youth is substantial, unhealthy under-eating must also be guarded against. Foods and beverages available to students on campus should reflect choices enabling students to comply with the current Dietary Guidelines for Americans.

Applicable Key Recommendations of the 2005 Dietary Guidelines for Americans are:

- Consume a variety of nutrient-dense, fiber-rich foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, starch, added sugars, and salt
- Meet recommended intakes within energy needs by adopting a balanced eating pattern such as the USDA Food Guide. Refer to *mypyramid.gov* for a personalized guide
- Consume 2 cups of fruit and 2.5 cups of vegetables per day (potassium-rich)
- Choose a variety of fruits and vegetables each day selecting from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, other vegetables) several times a week
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest coming from enriched or whole-grain products (at least half from whole grains)
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products
- Consume less than 10% of calories from saturated fats, less than 300 mg/day of cholesterol, and keep trans fats consumption as low as possible
- Keep total fat intake between 25 and 35% of calories with most fats coming from poly and mono unsaturated sources such as fish, nuts, and vegetable oils

- Select meat, poultry, dry bean and milk products that are lean, low-fat, or fat-free
- Consume less than 2300 mg (approximately 1 teaspoon) of sodium per day

Local Guidelines:

- Food providers will ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary, junior high, and high schools.
- Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.
- Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local schools.
- Fundraising activities will be limited to programs that are requested by school officials to support teaching and learning. Fundraising activities in schools should encourage physical activity, academic achievement, or positive youth development, and must be in compliance with this policy.
- Food providers will be sensitive to the school environment in displaying corporate logos and trademarks on school grounds.
- Classroom snacks will include healthy choices.
- Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary, junior high and high schools.
- Advertising messages are consistent with and reinforce the objectives of this policy.
- School staff are encouraged to model good nutrition behavior and eat periodically with students at meal times
- Food is not used as a reward or punishment for student behaviors, unless it is detailed in a student's IEP

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

The West Bonner County School District recognizes the importance of water consumption, and therefore encourages the increased consumption of water throughout the school day. Staff members should be particularly sensitive to student needs for water during periods of hot weather. Students shall be allowed to carry water bottles during the school day if the water is used appropriately and without distraction to the educational process. Teachers may need to schedule extra water breaks throughout the day. Even during periods of moderate temperature, staff members should remind students of the value of consuming water. In addition, water sales should be a significant option through school vending machines and concession services. Water should be available during mealtimes, at least through water fountains. When students bring water bottles for use during the school day the following procedures should be followed:

- Water bottles should be clear and have secure caps.
- Students may not share water bottles.
- Empty bottles should, on a regular basis, be recycled, discarded, or taken home to be sanitized.
- Teachers have discretion in determining classroom use of water bottles.
- Water bottles should not be used in computer labs, science labs and libraries.

Any fundraising activity to be carried out in a district school or by a school sponsored organization must have the approval of the building principal. The following recommendations are made to promote healthy choices for fundraising activities, including concession stands, sponsored by a school or school organization:

- Offer only non-food items such as books, gift wrap, candles, plants, flowers, school promotional items, etc.
- Whenever food or beverages are sold, include at least some healthy choices and make the profit margin on these items less than the other items offered.

The District strongly recommends the sale and/or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. The District's recommended nutrition guidelines should be used in determining the foods and beverages that are to be sold on school grounds.

Schools are encouraged to promote healthy nutrition during classroom and school celebrations that involve the serving of food and/or beverages. During these celebrations or parties every effort should be made to have minimal servings of any food or beverage that does not meet the District's nutritional guidelines.

REIMBURSABLE SCHOOL MEALS

The West Bonner County School District Food Service Department shall assure the District that, for the meal program they are operating under, guidelines for reimbursable school meals and snacks will not be less restrictive than the regulations and guidance issued by the US Secretary of Agriculture.

MEASURING IMPLEMENTATION

The superintendent of the West Bonner County School District shall develop a plan and designate representatives of the District to monitor the implementation of this policy at each school.

Furthermore, each school is encouraged to measure and record the height, weight and BMI/body fat % of each student grades 3-12 at the beginning and end of each school year as a means of determining the effectiveness of this policy. A compilation report shall be available after the end of each school year. An analyzing device for this purpose is provided by the District.

ADOPTED:

AMENDED: